US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jan 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:15	8.0	5:40	7.7	11:17	0.2	11:43	0.0	7:14	4:18	
2	Fri	6:16	8.0	6:46	7.4			12:24	0.3	7:14	4:19	
3	Sat	7:16	7.9	7:50	7.2	12:44	0.3	1:30	0.2	7:14	4:20	
4	Sun	8:13	8.0	8:49	7.2	1:45	0.5	2:30	0.1	7:14	4:21	
5	Mon	9:06	8.0	9:42	7.2	2:40	0.6	3:22	0.0	7:14	4:22	
6	Tue	9:53	8.1	10:29	7.2	3:30	0.6	4:09	-0.1	7:14	4:23	
7	Wed	10:36	8.1	11:12	7.2	4:14	0.6	4:52	-0.2	7:14	4:24	
8	Thu	11:16	8.1	11:52	7.2	4:55	0.6	5:31	-0.2	7:13	4:25	
9	Fri	11:54	8.1			5:33	0.6	6:07	-0.2	7:13	4:26	
10	Sat	12:29	7.2	12:31	8.0	6:09	0.6	6:41	-0.1	7:13	4:27	
11	Sun	1:05	7.2	1:06	7.9	6:45	0.7	7:15	0.0	7:13	4:29	
12	Mon	1:40	7.2	1:41	7.8	7:21	0.7	7:49	0.1	7:12	4:30	
13	Tue	2:15	7.1	2:19	7.6	8:00	0.8	8:26	0.2	7:12	4:31	
14	Wed	2:52	7.1	2:59	7.4	8:41	0.9	9:06	0.4	7:11	4:32	
15	Thu	3:32	7.1	3:44	7.2	9:27	0.9	9:49	0.5	7:11	4:33	
16	Fri	4:16	7.2	4:34	7.0	10:16	0.9	10:36	0.6	7:10	4:34	
17	Sat	5:04	7.3	5:29	6.9	11:10	0.8	11:27	0.7	7:10	4:36	
18	Sun	5:56	7.5	6:29	6.8			12:08	0.6	7:09	4:37	
19	Mon	6:53	7.8	7:32	7.0	12:23	0.6	1:10	0.3	7:08	4:38	
20	Tue	7:53	8.2	8:34	7.3	1:23	0.5	2:11	-0.2	7:08	4:39	
21	Wed	8:51	8.6	9:32	7.6	2:23	0.1	3:09	-0.7	7:07	4:41	
22	Thu	9:46	9.1	10:27	8.0	3:19	-0.2	4:04	-1.2	7:06	4:42	
23	Fri	10:41	9.4	11:21	8.4	4:14	-0.6	4:57	-1.5	7:06	4:43	
24	Sat	11:35	9.6			5:09	-0.9	5:49	-1.7	7:05	4:45	
25	Sun	12:13	8.6	12:29	9.6	6:03	-1.0	6:40	-1.8	7:04	4:46	
26	Mon	1:05	8.7	1:22	9.4	6:56	-1.1	7:31	-1.6	7:03	4:47	
27	Tue	1:57	8.7	2:16	9.1	7:51	-0.9	8:23	-1.2	7:02	4:48	
28	Wed	2:50	8.6	3:12	8.5	8:48	-0.6	9:17	-0.8	7:01	4:50	
29	Thu	3:46	8.3	4:12	8.0	9:48	-0.3	10:13	-0.2	7:00	4:51	
30	Fri	4:44	8.1	5:14	7.5	10:50	0.0	11:11	0.3	6:59	4:52	
31	Sat	5:43	7.8	6:18	7.0	11:55	0.3			6:58	4:54	